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THURSDAY, FEBRUARY 6, 2013

Municipal Finance
Township taxes poised to climb 2.95%

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Economic Development
Surveyors working to get jobs
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Black History Month

Black community has fantastic history in Niagara Page 3

Julia's Hope Cup Lace up in tournament next Saturday



# INPORTANEWS

SERVING PORT COLBORNE · WAINFLEET · SHERKSTON · LOWBANKS

APPEAL: Port Colborne Residents oppose rezoning

# **Quarry decision headed to OMB**

#### MARYANNE FIRTH OMI Agency Niagara

Port Colborne is ready to defend its stance before the Ontario Municipal Board, but it will not foot the bill to do so The municipality will stand behind city council's October decision to approve the rezoning of a portion of Port Colborne Quarries property, near Snider Rd. and Second Concession, to allow for precast concrete manufacturing. It was decided during Mon day night's city council meeting, however, that Port Colborne Quarries will have to

cover the legal fees associated with that defence.

#### See OLB Page 2

ow MARNY MANABAL IT PRIVE
A Truck carrying stone from
the newest section of Port
Collobre Quarries heads
toward the plant as an
empty truck heads to pick
up a load. A zoning bylaw
amendment approved by city
council in October that will
allow a German company to
construct a precast concrete
manufacturing plant on the
property is being appealed
by residents.









\$139,900

3 bedroom charmer. Fully updated, designer kitch
new wiring, plumbing heating, flooring and bath.
Oversized 2 storey garage w/workshop.



immeculate custom designed executive 3 bedroom, 3 beth bungalow, neetled in the hamlet of Sherkston on almost 2 acres backing onto Friendship Trail.

## Port plans to defend its stance at OMB

Neighhouring residents to the quarry property expressed opposition to the zoning change in the fall. citing concerns of increased traffic and dust the proposed plant may cause, impact on property values and a desire to see the quarry property remediated, not developed. Council's approval came with a holding provision that requires a site plan agreement to he put in place prior

gate such issues. Following council's decision, a meeting was held hetween planning staff. Ward & Coune Bon Bodner and Barhara Butters, and concerned residents Jack Hellinga and Harry Wells.

was expected to help miti-

The two men requested that a 300-metre setback he put in place to separate the concrete facility from neighhouring residential lots. It was also requested that employee parking he allowed only to the south horne planning and development director Dan Aqui-

The requests were hrought to property owner Tom Rankin, the applicant for the zoning change. He agreed to a 60-metre sethack from his property lines and was willing to put up fencing and plant trees

The residents were not

satisfied with the terms

the city's position, Aquilina Port Colhorne chief administrative officer Rob around the perimeter of Heil said the last time the the property for screening, city defended its position hefore the OMB, it cost

ahout \$33,000. A hearing date has heen

appealed council's decision

ries has obtained its own

legal counsel for the case.

The company will fund the

legal fees, but in defense of

Port Colhorne Quar-

with the OMB, he said.

Port Colborne Quarries

plans to lease the property to a German company, which has not been publicly identified. The unnamed company is expected to create more than 100 johs in the city, not including those created through construction of the estimated \$15-million plant.

> mananne firth Beurmadia ca Twitter: @mfirthTribune

## Golden day for

Vale Centre The Vale Health and Wellness

Centre has struck gold. Port Colborne Ward 1 Coun. Bill Steele told councillors Monday night the centre has received gold certification from the Canada Green Building Council for its energy efficiency.

"We were going for silver, but we've got the gold," Steele said. The certification was received based on a number of factors in the new facility, including the construction materials, the building's recycling program, creation of carpool park spaces, and changes to local bus routes to include stops at the centre he said.

to any development taking place on the property. This MUNICIPAL FINANCE

## Wainfleet township taxes poised to climb 2.95%

Aquilina said.

## QMI Agency Niagara

Wainfleet's township taxes are poised to rise an average \$28.78 this year - hut that's the

The good news - township treasurer Robyn Madere said that increase, for non-lakefront property owners, will be nearly negated on blended tax hills by a drop in education taxes. Aldermen got their first collective look at the municipality's 2014 hudget on Tuesday - and no recommendations to make

any cuts were made in the hour it was reviewed. Only suggestions that it he given another look over hy said she expects it to he passed.

municinal staff and that certain aspects he shuffled around were put forward hefore the hudget comes hack for discussion on Feb. 18, when Mayor April Teffs Representing a tax hike just shy of 2.95%, the operat-

ing hudget for 2014 now sits at \$4 685 688 That figure includes \$805,000 in tax-levied funding toward a \$1,063-million capital hudget

for which the hulk - \$620,000 will be applied to made Other capital projects planned for this year include new vehicles, arena dressing room wall repairs estimated to cost \$50,000, and \$100,000 for an ash tree removal program

as the Region continues to cope with the emerald ash horer. Jeffs said no set guidance was given to township staff in preparing this year's spending envelope, however, there seemed to he an understanding that if there was to he any tax hike that it be reflective cost-ofliving adjustments

She praised her team for comgin "on the lower side." "I know, it's never low enough," she added.



Art donated to municipality Donated art pieces have now been approved for a public boulevard on Fraser St. in Port

Colbome. Local artist Larry Rosnuk has een working with the city to see his metal sculptures installed on public property outside of his Fraser St studio

Council approved donation of the pieces — a metal crow. squirrel and perch - to the city Monday night. They will be installed by Rosnuk and should require no maintenance for about 15 years, said Ward 2 Coun, Angle

There's potential to expand the installation in the future and possibly create a sculpture park in nearby Seaway Park, said Ward 4 Coun. Barbara Butters

#### Street work to continue into summer Work on Killaly St. W., which

began earlier this month, is expected to continue until July on the stretch between King and Oakwood Sts. Port Colborne will begin

watermain construction "in the next couple weeks" with hopes of having it wrapped by April Jin Huppunen, the city's manager of engineering services, said during

Monday's city council meeting. Following the watermain wo Niagara Region will be performing upgrades to the curbs, gutters and sidewalks on Killaly, and installing bicycle lanes and intersection turning lanes

Weather has slightly delayed the project, Huppunen said, but it is expected to be completed in its entirety prior to Canal Days in early August.

■BUSINESS: Recognizing excellence

## Chamber looking for award nominees

#### MELISSA MANGELSEN OMI Agency Niagara The Port Colhorne-Wainfleet

Chamber of Commerce will be celehrating the hest of 2013 at its annual President's Awards Reception April 2 from 5 p.m. to

The chamber will hand out awards for youth citizen of the year, junior youth citizen of the year, citizen of the year, new business of the year, women in

year Individuals and businesses are nominated by their peers, not the chamber. John Maloney, president of

the Port Colborne-Wainfleet Chamber of Commerce, said they're looking for nominations in all six categories.

"The awards are prestigious and it's great hecause you're nominated by your neers and voted on by the directors at the chamber. Our higgest problem is that we get so many excellent candidates it makes the decision very difficult," he said. The citizen of the year award has been around since the 1980s.

hut the chamber has gradually taken it over and added the five other categories. Last year's awards went to

Ricci's Auto Truck and Industrial Renair (husiness of the year), Robert Shilbley (citizen of the year), Eataly Foods Inc. (new business of the year), Jordan Mullehloom, Port Colborne high school (youth citizen of the year), Donna Martens Gamm, 91.7 Giant FM (employee of the year) and Gail Todd, Something Else (women in husiness award)

The ceremony will he held at the Italian Canadian Cultural Centre, 233 Bell St. in Port Col-

Nominations for the President's Awards Reception must he received by the Port ColColborne, via e-mail at office@ pcwchamher.com or by phone at 905-834-9765. melissa.mangelsen@sunmedia.ca Twitter Stribunemoleca

horne-Wainfleet Chamber of

Commerce by the end of the

day Feh. 15. Suhmissions have

to include why the business or

person merits the consideration.

Submissions can be made in

nerson at 76 Main St. W. in Port

# BLACKHISTORYMONTH

BLACK HISTORY MONTH

## **Black community has** 'fantastic history' in Niagara

Wilma Morrison, mucb of

**OMI Agency Niagara** If it wasn't for people like

Niagara's black history would "This is a country that was built by many people from many, many places in the

world and still today our schools are not teaching our children about this," said Morrison, who has spent most of her life preserving the history of Niagara's black commu-"There are still many Cana-

dians who think that black people came to Canada in the 1960s or 1970s and they don't realize we had a presence in helping to build the country." said Morrison, who is often called upon by community groups and organizations to give talks about black history. "We have a fantastic history.

There are many things that we are not teaching our youth," she said, adding that also

holds true for other groups who come from different cul-

"I have tried to read and find out as much of our history as possible. We have all of these things, but we don't introduce them to our young people, and that's very sad." February is Black History Month and celebrations are held across Canada to make people aware of the contribu-

tions made by certain people in their community. On Feb. 6, the Lundy's Lane Historical Society will present author and historian Bryan Prince, and his wife Shannon, who is the curator of the Buxton Historical Site & Museum. The two have lectured across Canada and the United States and are among

the most sought-after speak ers on the Underground Railroad circuit. Their presentation begins at 7:30 p.m. in the LaMarsh Room of the Niagara Falls On Feb. 11, at 7 p.m., the Welland Historical Museum

and the main branch of the Welland Public Library, will feature a display of artifacts and books on the Underground Railroad in Niagara. There will be a short presentation and participants will be given an opportunity to share their own stories and to discuss historical events and

facts with others in the group.

'I'm proud of the early peonle here and their contributions," said Morrison, "When you think of people like Burr Plato who came up as a slave and then ended up sitting on the town council at that time. He finished in 1901 and here we are in 2014 and there hasn't been another black to

"We need to impress on our young people that we had a place here and we continue to help to build the community."

torry.ricciuto@sunmedia.ca



ONI AGENCY NIAGARA FILE PHOTO

MUSIC: T Bone brings his brand of country back to Niagara

## 'It feels good to be back,' trailblazer says

and something clicked. He

couldn't explain it, but he

was suddenly speaking a far

different language. He could

play by ear, and found him-

self drawn to the rugged,

working man sound of coun-

Canada and the U.S.

into a cruel life lesso

ier refused to serve him.

Rather than make a fuss

and draw attention, Little got the brown eggs and left.

He knew he was in a differ-

"There was always ten-

sion," he said, "It was like

walking on eggs. You had

to be careful what you said,

how you looked. If you

walked down the street you

the brown eggs." "

song, however. What could

have been a lucrative break

in the music industry turned

QMI Agency Niagara

John (T Bone) Little go used to that look over the years. That wide-eyed look of surprise when people saw a young black man playing country music.

In the years before Charley Pride, it simply wasn't conceivable. In the southern U.S. during the 1950s, no one could comprehend it. There were harsh words, more than a few threats. And every time, Little would recall what his dad. Samuel. told him while growing up in Niagara Falls.

"My dad said, 'They ain't gonna change until they get

to know you? It's advice that got him through school, through some lean years on the road, and it's still handy today. At 84. Little is as charming and outgoing to people as the day he first set foot in a Port Colborne club in the 1940s ... not to cook or wait tables, but play music. At every show. T Bone mingles with the crowd, becomes their friend. They, in turn, have supported him for six decades, making him one of Canada's most enduring and

unheralded musicians. Before Charley Pride viped out the colour barrier in country music. John Little was risking his neck down south in front of stunned and often angry audiences.

But by the end of the night, they were on his side. "I always just tried to do my craft," Little said. Every-

thing else took care of itself. The hardships for him started early. His mother died when he was three, and he was raised during the depression in a "one-room shack" on Prospect St. with his dad, an interior designer. As one of the few black kids in his school, there were inevitable fights, but noth-ing he couldn't handle. If anything, Little's neighbourhood was like a mini United Nations, with immigrants from several countries helping each other out. Little had a rudimentary understanding of seven different languages.



John 'T Bone' Little at home in Niagara Falls, recalls what it

was like for a young black man playing country music during the '50s, and growing up in Niagara. He picked up his father's didn't dare look at a pretty girl. Three or four (guys) guitar one day to tune it,

would jump on you and beat the hell out of you. The little victories came out of nowhere, though. One night Little was opening for honky-tonk pioneer Ernest Tubb in Niagara Falls, N.Y., when he played his song

He performed to disbe-Let's Say Goodbye Like We lieving eyes in local clubs. Said Hello. then formed his own group "I came backstage and - Big John and the Hot Totsaid, 'Mr. Tubb, I'm sorry, I ties - in the early '50s. One forgot you were back here of their singles. Rockin' He says, 'Son, if I didn't Crickets, took off, and Little know I was back here I'd was soon performing across have swore that was me out there.' I thought that was the He didn't copyright the greatest compliment I could

ever get." During the worst stretches, Little couldn't wait to set

foot in Niagara Falls again. There were other lessons. "The minute you stepped too. About swallowing your across that bridge and got back into Canada, it's like a pride and keeping quiet. Down south he went to pay whole weight lifted off my for some eggs and the cashguts," he recalls, "You know those guys who fly a plane "She said, 'I can't sell you and when they get down they kiss the ground? That's how I felt." white eggs. Go back and get

After several years living out east, Little moved back to Niagara Falls in December and has been playing steady gigs since.

"It feels good to be back."

Niagara Falls resident Wilma Morrison is a champion of black history in Niagara.

## **INPORTANEWS** Are you easily offended?

Published by InPort News Sun Media Corp. 228 East Main Street, Welland, Ontario, L3B 5P5 Tel: 905-732-2414 Fax: 905-732-3660 innort news@sunmedia.ca John Tobon, publisher, print & digital Melissa Mangelson, Inport News senior reporter



## ■readers'views

#### NIAGARA, VIAGRA

All of Ontario must look with envy on Niagara for getting Deb Matthews to generously grant it a new hospital and all you have to do is go and vote twice this year. Better get it right or she might scrap the plan between the two elections. Who knows what else they might give you in the next week or so, like a gas-plant, or a truckload of little blue pills, just so they can use the slogan "Niagra, Vlagra and votes." Perhaps Andrea Horwath will promise to get you a reduction in auto insurance rates in return for keeping the Libs in power, just like she did before the last budget vote and the one before that. Maybe that's too much to ask from someone who has only made one decision: to let the Libs make the decisions. Let's just hope that, before the general election, Tim Hudak and his bunch learn how to how our votes with

our own money, or we're all lost. ANDRE DEN TANDT OWEN SOUND

for sure.

DON'T FORGET THE SENIORS I wish the diplomatic process tricked down a little more closer to the grassroots of this country. Harper's gift of \$66 million to Palestine adding up to a total of \$650 million since 1993 is a grand gesture on his part. What did he mean with the statement "Canada has a position of principle supported by the vast majority of Canadians?" Are the more than five million senior citizens of Canada part of this vast majority? What about the principle of supporting these millions of seniors. His government, (but it wouldn't matter which bandits are

reproduce them in print, electronic or other form.

in power) throw money everywhere but toward the very people that built this country. Our earned and paid into social security is not a gift from the government. We only hear about funds drying up for pensioners not for the rest of the world with their hands out. I think the old adage of "charity begins at home" needs to be relooked at before these gifts are showered

around the world. DAVID GILLIES NIAGARA FALLS

## STOP PLAYING POLITICS I don't always agree with Roscoe

Reilly, but he seems to know his geography. No question the proposal for a south Niagara hospital in Niagara Falls is not south, or even anywhere central. If you look at a map of Niagara region, even if you are geographically challenged. Niagara Falls is at best eastern Niagara. It's relatively easy to see that the centre of Niagara highlights Welland as pretty much the major population location. It would make it much easier for the populations of places such as Wainfleet, Pelham, Port Colborne and even some of Fort Erie and Thorold to have good access to. Time for Smith, Matthews and Diodati to stop playing politics and dividing people one against the other, and give people what they need and want. Barring that, let us keep our Welland hospital for as long as possible. It is serving us

well with its facilities and qualified

IOHN KRAICOVIC WELLAND

True Confession time...when someone levelled any kind of criticism at me or tried to offer correction, even gently, not only would I take offense speedily, but I would also let the offense percolate within my spirit until it

bressed into senom A change began when I heard Pastor Steve Long make this declaration at a gathering one day: "Whenever I get angry at what someone says or does, I ask: 'Holy Spirit, what is in me

that made me react the way I did?" Frankly, I was taken aback by his admission. After all, I would always ask another question: "Father, what is inside of them that made them say/do what they did?" Then I would plead for prophetic insight into their generational iniquity, their emotional disa-bility or lack of spiritual sensitivity.

To put it bluntly, I would play the blame Steve's response turned the tables on me. It was a practical working out of obedience to Jesus' words in Matthew 7:3-5: "Why do you look at the speck of sawdust in your brother's

eye and pay no attention to the plank in your own eye? How can you say to your brother, 'Let me take the speck out of your eve,' when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye." Suffice it to say that I am not quite at the place where Steve has disciplined himself to be. I often fire a volley back (sometimes a

backhand shot) at my opponent before asking the crucial question of myself. But I must also admit that whenever I have asked Holy Spirit to take me to the root of the

offense, He has always delivered, and, in the process, prevented that offense from produc-Ing toxic fruit...praise God! Case in point. Someone caught me off

guard with a verbal assault at a Board meeting once. I waited for someone else to come to my defense, but no one volunteered, Offense taken. Out poured a torrent of vit-

Before the meeting ended, I knew that something was not right within me. When I asked Holy Spirit to take me to the root later that night, He reminded me of an incident that happened in Grade 7 (40+ years back). Our assignment in Science class was to draw a picture of the renal system and identify the various parts. My teacher looked at my drawing, showed it to the whole class and said something like: "See this, class, leeva here is a very smart student, but he

can't draw worth a dam. Look at these kidneys. They look more like buttocks." Of course, the entire class erupted in derisive laughter. Correction. The entire class

As I recalled the incident, I began to re-live the pain of being embarrassed in front of oth-

ers. Once I forgave Mr. A for what he did that day, a peace came over me. I have noticed that I don't react quite that vehemently anymore when criticized. It made me realize that the unforeiven

hurts we carry inside of us continue to influence our behaviour many years down the road...if we leave them unattended. So, dear friend, are you easily offended? Here is a quick way to diagnose whether you have offense in your system or not. Are you

ready for it? When someone offends you, if you sense a need to offer a spirited defense of what you said/did, you may be holding on to a past hurt that is still unbealed.

Ask Holy Spirit to take you to the root. Pray through it. You too will discover that you are not that easily offended anymore! If you need help with this process, please feel free to con-

(Jeeva Sam pastors both United Churches in Wainfleet Township-Morgan's Point & Forks Road East.

> He welcomes your feedback: pastor@ moreanspointunited.com)

## This week I'm hoping that you can help me

ast fall. I received an e-mail from Carol Philips, co-ordinator/professor of the recreation and leisure services and recreation therapy programs at Niagara College, asking if I'd like to be involved in their student winter term independent

The projects involve the student working 60 hours on one of the many initiatives submitted by agencies with an idea or need

that fits what the student needs to learn. I've long had some projects on my 'to do' list. but never had the time to get to them. Liumned at the chance Two students, Kathleen Kinzel, 24, of Smithville and Jessie Joseph, 23, of St.

Catharines who are both taking the recreational therapy course, chose my project or projects, is more like it. The reason I'm telling you this is because

e can use your help. As you'll see, the projects cover all Niagara and I'm hoping you'll be able to add to our lists. ■ Distributing information on visitability to Niagara's builders, developers and architects. Visitability is the concept of building homes that have at least one level entrance. That way, people of all abilities can visit each other and aging in place is a definite possibility. To learn more, visit

ConcreteChange.org. ■ We want to put together a list of fullservice gas stations in Niagara. This will be helpful to people with disabilities who drive but can't get out of their vehicles to pump gas, and for tourists who have no idea where the nearest full-service station is. An accessible washroom is a plus. Speaking of washrooms, we'd also like to put together a list of accessible public wash

rooms in Niagara, They seem to be few and far between, or is there some kind of secret washroom society involved here? ■ We'd like to compile a list of all the atres in Niagara and note which ones are

accessible. They should all be accessible, but aren't. I'm thinking of a call I had not long ago from a woman using a wheelchair who was

invited to a wedding reception. Once there, she found the hall inaccessible. Apparently, the organization had two halls and everyone assumed they were both accessible. We need a list of places in Nlagara where a small group of six or eight people using mobility devices can meet

for lunch or a larger gathering of up to 200 people can meet. No matter how big or small, it must have an accessible washroom and can include restaurants, hotels, church halls, etc. Parking must also be considered. finally, a list of places that rent manual wheelchairs and electric scooters.

"Where can I rent a wheelchair?" is the most frequently asked question by tourists with disabilities coming to Niagara. The more options we can give them, the better. So if you can give us any information on any of these topics, it would help. You can e-mail Kathleen at kekinzel@gmail.com or me at linda@lindacrabtree.com. You can also call me at 905-685-0496 during the day. Again on the tourism front, I am working with Tom Pokinko, a Master's student in the Inclusive Design program at the Ontario College of Art and Design University in Toronto through Skype (Tom Is in Ottawa)

to redesign my Accessible Niagara.com website. The site has been up and running since 2002 and has undergone several updates. Now the Niagara Parks Commission is hosting it, but I'm responsible for content and making it totally accessible to everyone, including people who are visionimpaired and use readers to scan the pages for needed information. Of all the sites in Niagara, Accessible Niagara.com should be

it is not. But with Tom's expertise and my knowledge of the area, it should be by the time term ends mid-April. What we'd like to know from any of you reading this who are disabled or plan vacations for someone with a disability is, what do you look for first in a vacation website? What question or questions do you need answered before you can even consider a

totally accessible and right now, I'm told,

destination? Your thoughts on this one need to come to me

Inda@lindacrabtree.com

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advisory committee and Welland Recreational Canal Corp. are putting a call out to artists interested in painting canoes that will be put on display throughout the city. Pictured is a sample canoe for the project. We Provide Options at Great Prices

Welland's arts and culture

# Group seeks artists for creative canoe project

#### MARYANNE FIRTH OMI Agency Niagara

By summer, there could be new art installations docked throughout the city

Welland's arts and culture advisory committee has teamed up with Welland Recreational Canal Corp. on a project that will see local artists get creative with

canoes. The hoats will he painted and displayed in prominent areas throughout the Rose City, said committee chairman George

Doros. A call is heing put out to artists interested in participating in the project and submitting a design. Applications will be available Friday at Welland Civic Square, Welland Community Wellness Complex and online at www. welland.ca

"We want to invite as many artists as possible to submit ideas," Doros said. The project, he added, is expected to start small with only a couple of canoes hut could grow significantly over time. Canoe donations and sponsors

are also heing sought. Doros likened the idea to that of GuitarMania in downtown Cleveland, Ohio, There, large fibreglass

"Whites' Insuronce went

the extro mile to get

me the best insuronce pockoge. Their personal

touch was very much oppreciated." - Connie Armstrong,

Port Colborne

guitars were placed throughout the city's downtown core and later showcased at the Rock and Roll Hall of Fame

Just as GuitarMania emphasized Cleveland's connection to music, Doros hopes the canoe project will shine light on the arts

cat survived.

and waterway in Welland. "It's a great way to promote artists, to get their work out there. and to promote the canal," he

The plan is to have artists selected by the end of February. wellness complex, Doros said. work completed through March

and April and the canoes installed

After being displayed throughout Welland, the canoes could ultimately he added to the sculpture park along the canal by the

## Medi-C Plus is Amazing for Heart Hea

time Noble Prize winner. showed that large amounts of vitamin C and lysine are needed to prevent coronary attacks. 25 years ago Pauling reported that animals make vitamin C but humans do not. That's why sailors died of scurvy during long sea voyages, but the ship's

Dr. William Stebhens, Professor of Anatomy at Wellington University, proved Pauling was right, Stebhens' research showed that the coronary arteries closest to the heart are under the greatest pressure. This causes collagen to fracture resulting in the formation of a blood clot and death.

Vitamin C is required to manufacture collagen, the glue that holds coronary cells together, just like mortar is needed for bricks. Lysine, like steel rods in cement, makes collagen stronger.

Dr. Sydney Bush, an English researcher, has proven vitamin Ccan reverse atherosclerosis. Bush took retinal photographs, then started



vitamin C and lysine. One year later, the scans showed the atherosclerosis had regressed in the retinal arteries. This also occurs in the coronary arteries.

14 years ago, following my own coronary attack, I refused to take cholesterol-lowering drugs. Instead, I decided to take

high doses of vitamin C plus lysine. But to take large doses of vitamin C and lysine requires swallowing many pills daily. It's a tall order for those who dislike swallowing one pill. For several years I've been trying to find a company that would manufacture a combination of vitamin C and Ivsine. Now Medi-C Plus is available Rosemary's Natural Choices.

Dr. W. Gifford-Jones

For more info about Medi-C Plus,

visit Rosemary's Natural Choices Berry Flavour

PLUS get a FREE cup of coffee too! Drop by Rosemary's Natural Choices and enjoy a cup of organic, fair trade coffee. Our treat! Joe, Brenda, Diana and Susan have been keeping Wellanders healthy for over 20 years, Good health, natural remedies, great people and free coffee. It doesn't get any better than that.



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# Surveyors working to get jobs

#### MARYANNE FIRTH OMI Agency Niagara

"Don't hang up." It's the plea Port Colborne council is putting out to residents who may receive a call from the city in the near

Forum Research Inc. has been hired to conduct a job skills survey in the lakeside their work and educational background.

The project was awarded to the Canadian company on Monday night at a cost of \$16,950.

The survey is part of the economic development. tourism and marketing department's skills inventory project, for which the

city has received upperlevel government funding. As the public can be cautious of telemarketers, it's

important to spread word the survey is on its way. Ward 3 Coun. Bea Kenny

"We have to let the public know this survey will help the community in which they live."

sent out with December

water bills Forum Research is required to return 600 completed surveys by March 7. The number of calls equired to reach that target will depend on community

participation, planning and development director Dan

Aquilina said.

benefit the City of Port Colborne," he said

Results of the survey can help Port Colborne promote specific labour forces that are prominent in the community to potential

investors and employers, he Work is underway to ensure the calls will come

on voting day, ballots will be

Authorization was also

caller ID to further encourage participation, Aquilina

"We want to make it more announced who we are Calls will take place weekday evenings with surveys lasting no longer than

marvanne firth@sunmedia.ca

city and will be calling resi-■ MUNICIPAL ELECTION: Bylaw confirms February 2013 decision

# Wainfleeters to cast votes by mail in October

## OMI Agency Niagara

Wainfleet voters will be returning to the polls this fall

or maybe not. Township council Tuesday approved a bylaw allowing for voting by mail, a procedural requirement that stems from its decision a year ago to embrace the alternative voting method to a traditional ing station. "I think anything to do to get more people to vote is a good idea, said Ald. Ted Hes-

The municipality's chief administrative officer concurred.

Scott Luey said recent election training for staff confirmed mail voting is the right

way to go. People can now be their own proxy — ending proxy voting — it addresses a number of accessibility concerns, and requires fewer election volunteers and staff.

While the township generally gets about 40% of eligible voters to pick up a ballot at polling stations, through voting by mail, and depending on the accuracy of the voters list, "we'll get a vote in just about everybody's hand."

And it's cheaper. According to a township report penned before council voted in February 2013 in support of voting by mail, the cost of traditional poll voting in Wainfleet works out to about \$11.11 per elector, versus the cost of voting by mail at \$6.91 per elector.

Leading up to the October given Tuesday night by town election, the township will ship council for the use of mail to eligible voters a packoptical scanning vote tabulaage containing instructions, tors and vote recorders. Slow, a ballot, and a voter declaramanual counting of ballots tion form. The voter will mail has been the method predomback a completed ballot and inantly used during Wainfleet declaration form, in a prepaid elections. postage envelope. At 8 p.m.

greg.furminger@sunmedia.ca Twitter: @GrezAtTheTribune



SARAH SLEAN (

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## **CORRECTION NOTICE**

An error was made on page 13 of the Inport News on January 23. 2014 regarding LIVESTRONG LS13.0T, Product number 84-0511-4. The advertisement reads Money Bonus 2000 Points, but no points are applicable on these products. We applicable for this error

An error was made on page 13 of the Inport News on January 23, 2014 regarding Yoga Equipment, Assorted mats, gloves, socks and block. Product number 84-0061X. The advertisement reads Money Bonus 5X Points but no points are applicable on these products. We apologize for this error.









# Port mapping tool to draw investors

#### MARYANNE FIRTH OMI Agency Niagara

Port Colborne wants to make investing in the city easier than ever.

The city's economic development, tourism and marketing department recently launched the Port Colborne Prospector, an online geographic information system tool aimed at promoting local business growth

and property investment. It allows potential investors from across the globe to search available industrial and commercial properties in the lakeside city. while also analyzing demographics, consumer expenditures and labour force sta-

Users can also view infrastructure, public transit routes, community improvement plan areas, development charge exemption areas and areas of strategic location.

The Port Colborne Prospector is connected to the Niagara Site Finder, which has replaced the former Niagara Region commercial amoerties website

on over the past year," said Samir Husika, the city's project manager for business retention and expansion. "One of the key goals of this project is to

he said "It's important for investors and businesses to have quick and easy access to

"This is something we've been working

keep Port Colborne at the forefront of business expansion within the Ntagara region,"

crucial information in relation to property location that will help them with making the right inspetment

The tool, he said, "gives a good, quick pic-ture for any potential investors of what Port Colborne is like, what they're investing in." Along with attracting new investors, the Port Colborne Prospector is also expected to also be useful for existing community businesses looking to access local census

The tool aligns with Port Colborne's business retention and expansion goals by providing investors with "up-to-date tools they need to do business in our city," said Mayor Vance Badawey

Husika is encouraging local businesses to get involved with the project by posting properties not already listed on the site. About 60 properties are currently online. "The more people work to use it, the more beneficial it will be for the community," he said.

The Port Colborne Prospector is available online at http://sitefinder.portcolborne.ca. A manual for the tool is available online at www.portcolborne.ca, but businesses can also contact Husika at samirhusika@ portcolborne.ca for more information.

> maryanne.firth@sunmedia.ca Twitter @mfirthTribune







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## Two arrests in Port grow-op bust

Two people were arrested and more than \$150,000 in marijuana seized after police dismantled a grow-op in Port

Earlier this month, detectives in the Niagara Regional Police guns, gangs and grows unit began investigating a suspected marijuana-growing opera at a Third Concession Rd. residence A search warrant was executed on Wednesday. Police allegedly found

an active marijuana grow-op within a detached buildi etached building. More than \$150,000 in marijuana

plants and dried marijuana was seized. Port Colborne residents Alain Nadeau 43, and Krista Harrietha, 39, were both arrested and charged with one count each of production of a controlled substance and possession of a controlled substance for the purpose of trafficking

Both Nadeau and Harrietha were

released from custody pending future court appearances to answer to the

Three arrests in break and enter Three arrests have been made in a recent rural break and enter.

On Jan. 24, Niagara Regional Police learned of a break and enter into a rural home on the Pelham and Thorold border. The Welland street crime unit began investigating and on Wednesday, three arrests were made

Marianne Cratt, 21, of Welland, is charged with two counts of break, enter and commit an indictable offence and two and commit an indictable orence and tv counts of using a stolen credit card. Felicia Gaigneur, 25, of St. Catharines, and Brandon Burger, 22, of Peham, are each charged with two counts of break, enter and commit an indictable offence.

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Lawson Snider, of Snider Dock Services Ltd., was recognized at the Jan. 27 Port Colborne council meeting as the Canal Days sponsor of the year. Snider, left, was presented a plaque from Mayor Vance Badawey, right, for his longstanding support in the community.

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## Award-Winning Musical Tribute to "The Eagles" Coming to Roselawn Theatre

"Welcome to the Hotel California" ... Calling all fans of legendary 1970's Country-Rock group "The Eagles"!! On Saturday Fehruary 22 at 8:00pm, the music of The Eagles will he celebrated at the Roselawn Theatre in Port Colhorne with a new Canadian touring show called "New Kid In Town: The Ultimate Eagles Trihute". Comprised of some of Canada's leading session musicians, "New Kid in Town" will perform all of the legendary hits from the Eagles extensive career with amazing "note

for note" accuracy.

The evening will he comprised of two sets, with the first half featuring all the songs from the multi-million selling alhum "Eagles Greatest Hits 1971-1975" including "Take It Easy" "One of These Nights" "Tequila Sunrise" "Peaceful Easy Feeling" and "Desperado" amongst the audience favourites. After an intermission, the hand will return with more classic hits from the latter portion of The Eagles career including "Life in the Fast Lane" "The Long Run" "Heartache Tonight" and their signature song "Hotel California".

As a honus, the multi-talented "New Kid In Town" cast will also perform solo hits made famous hy Eagles hand members Don Henley, Glenn Frey and Joe Walsh.

Roh Killian, who plays keyhoards and is one of three lead vocalists in the show, notes "New Kid In Town is a family oriented, audienceinteractive performance where the crowd will know and love every song." Roh is also excited about the Canadian music award the hand was recently awarded in Niagara Falls, adding "It's nice to have all the hard work we've put into this show recognized by the music industry."

Tickets to see "New Kid In Town: The Ultimate Eagles Tribute" at the Roselawn Theatre in Port Colhorne on Saturday Fehruary 22 at 8:00pm are on sale now. Value-priced at only \$29 (all inclusive), tickets are available by phone # 905-834-0833, or via pick-up at the theatre hox office at 296 Fielden Avenue, Port Colhorne.



## Roselawn Theatre 296 Fielden Avenue, Port Colborne Call 905-834-0833



## Port community groups get boost

Society

Port Colborne Hydi Inc. handed out \$19,500 in permissive grants during Monday night's city council

The grants, received by 10 community groups, are funded by dividends set aside by Canadian Niagara Community Living Port Colborne-Wainfleet, \$3,200; Niagara Antique power Association, \$700; Port Colborne Operatic Society. \$1,000; Royal Canadian Legion Branch 56, \$1,500; Port Cares, \$4,000;

Port Colborne Concert

Band, \$2,500; Save Ou Lighthouses group, \$1,400: South Niagara Rowing Club. \$1,000; Women's Place of South Niagara, \$1,700; and YMCA of Niagara, \$2,500.

Art sales support animals

Local artists are coming together to support animals in need Volunteer group Art for

Animals is hosting an exhibit at Pelham Public Library beginning Saturday that will benefit Niagara Falls Humane The exhibit will feature the

will benefit the animal shelter.

up until the end of February. A portion of all sales made Wainfleet permit revenues on rise

work of 12 artists and be set

Building permit fees generated \$139,800 in revenues for Wainfleet last year, up \$26,360 from 2012. A report presented to aldermen Tuesday showed

104 permits issued for projects worth an estimated combined value of \$13.34 million, down slightly from \$12.58 million in 2012 but ahead of the township's 10

year average of nearly \$8.5 million. Residential permits, including for renovations additions, alterations and



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new homes (11) were the most common construction nrojects accounting for 75% of the total number of permits. Agricultural permits consisting of new farm buildings and additions accounted for 12%, commercial permits accounted for 11%, and institutional 2% of the total Fee ensures

## no skeletons

Due to an increase in requests from people to transfer ownership of burial plots, Wainfleet is introducing an archaeological assessment

Township CAO Scott Lucy told aldermen Tuesday night that the assessment will basically ensure that when someone buys a preowned plot, it indeed has not been used

The new fee is equal to half of the current interment fee. For a regular adult burial lot, the fee is \$367.50, but \$435 in winter months. For a cremation lot the regular rate is \$175, or \$212.50 in winter.

#### Wainfleet bylaws conflict

Wainfleet's noise bylaw will be amended after it was brought to the attention of township administration that the discharge of firearms bylaw approved by aldermen last year is in conflict with regulations prohibiting loud nnises



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## Ouit to win with Bridges

Butt out and win with Bridges Community Health The organization is hosting its fourth annual Quit and Win Challenge to encourage smokers in Port Colborne. Wainfleet and Fort Erie to give up

cigarettes in March. Two sets of prizes will be drawn April 1, including a

\$25 gift card for their supporter. Participants, who must be 19 or older, must register by Feb. 28.

All applicants must have a quit buddy and remain smoke-free through March. Entry forms are available at www.bridgeschc.ca, 177 King St. in Port Colborne and 1485 Garrison Rd. in Fort Erie.

Bridges offers community support programs to help people guit smoking. Nicotine replacement products are also available for eligible participants. For more information on the challenge, phone Lori Kleinsmith at 289-479-5017, ext. 2445 in Port Colborne or Rhonda Barron at 905-871-7621, ext. 2226 in Fort Frie







## Pharmacists RINGWORM

Ringworm is a common name for fungal skin infections. These types of infections are also referred to as tinea. They affect approximately 10% to 20% of the population. Ringworm appears as rings or round red patches with clear centers and red, scaly borders. Tinea can affect the scalp, nails, or skin.

Management for superficial fungal infections involves some simple non-drug methods, and over-the-counter remedies in the form of sprays lotions and creams. Affected individuals should try to reduce moisture in the affected area. Loose-fitted clothing made of cotton or material that absorbs moisture should be worn. The skin should be dried completely before covering with clothing. If the infection involves the feet, flip flops should be worn with bare feet to prevent spread to others and reinfection

There are also many topical antifungal agents available. Examples include CANESTEN CREAM (clotrimazole), NIZORAL SHAMPOO(ketoconazole), and MONISTAT-DERM (miconazole), to name a few. Creams and solutions are useful because they can be rubbed into the area. Solutions work in hairy areas because they are easier to apply. Powders can serve as useful additions to creams and solutions. They are helpful when the infection is wet or oozing, or where a drying agent is needed. When applying the antifungal product it should be applied to the lesion as well as one to two inches around the lesion. The antifungal should also be used for one to two weeks after lesions clear to reduce the rate of recurrence.

Patients who have diabetes, or those who are immunosuppressed may need prescription oral therapy. It is best for your doctor to assess theses fungal infections. Fungal infections of the nail are also resistant to over-the-counter treatment.

There are some home remedies for treating nail fungus. Patients have tried applying VICS VAPORUB and tea tree oil. There is not a lot of evidence to suggest the efficacy of these products for this condition, however some people may wish to try them before resorting to an oral medication.

If you think you may be affected by a fungal infection there are a number of treatment options available. Most issues can be resolved with some persistence and the proper product. Please speak to your pharmacist about what option is best for you.

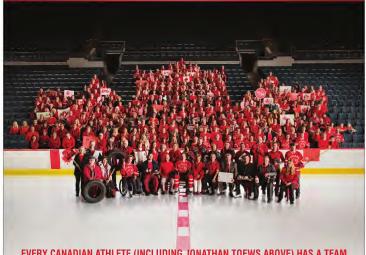
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IIII IA'S HOPE CUP: Lace up in tournament next Saturday

#### Dance Centre to score with pond hockey supports Kacey Lynn Fund

Tickets are still available for the 21st annual Have a Heart Valentine's Dance next

The event, organized by the Kacev Lynn Fund — a program administered by Hope Centrre to support families with an ill child facing financial hardships - starts at 8 p.m. at the CAW Hall at 16 Steel St.,

Live music will be performed by Rural Roots from 9 p.m. to 1 a.m. Door prizes, spot

dances and an auction table will also be included in the event. Tickets will be available

at the door, at the Hope Centre office at 179-181 East Main St., or by calling Dolan at 905-735-9526

#### ALLAN BENNER **OMI Agency Niagara**

"Her memory lives on in the most vulnerable people in the community," said Paul

Turner Turner's 15-year-old daughter Julia died December 2011, after a seven-month battle with cancer - leaving a huge void among the people who loved her most. But her family bas found solace in the overwhelming support they've seen from the Welland community during

the pond hockey tournament held in her memory. "Losing your daughter is a painful situation, but how the community has responded with Julia's Cup helps us with the mourning process and keeps Julia's memory alive for our family," Turner said. "It's a feel good situation

for our family The third-annual Iulia's Hope Cup pond hockey tournament is scheduled for Chippawa Park Pond next

Saturday, Feb. 8. Because the building at Chippawa Park is currently closed for renovations, Turner said the city is "bending over backwards to help

He said city workers are temporarily enclosing a park pavilion with plywood to use as a makeshift headquarters.

Turner first started the tournament 12 years ago as a fundraising event for Hope Centre, but changed the name and dedicated it to Julia's memory after she

In the years since, Turner said he's opted against joining the hockey players instead enjoying the company of hundreds of others who spend a cold winter day watching the action.

"It certainly is a great day." It's also become more of a family event than it's been in the past, with Turner's brother Mark getting involved in organizing it last

"The whole family helps out," Turner said, "It's family, it's community, it's helping the most vulnerable, it's

hockey. It's a whole bunch of things combined to give our

family this positive energy. Although people can preregister at Country Corner Market, F. E. Coyne Insurance, M.T. Bellies, Notre Dame, and Hope Centre. Turner said most people - about 95% - instead just show up for the event and pay their registration fee

Registration starts at 9:30 a.m., and the tournament begins an hour later. Registration costs \$100 per player or \$50 each for students, and includes a breakfast of peameal bacon, a pig

ments. Although tournament par ticipants will play ball hockey if the ice on the pond isn't frozen, Turner said the

long term forecast looks promising. "People are praying for this cold weather to go away, and here we are pray for it to stay," he said, laughing.

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# **INPORT DATEBOOK**

## FEBRUARY 7

BALL HOCKEY TOURNEY Niagara Region Community Services is looking for players for a ball hockey tournament in support of local agencies working to prevent homelessness in Niagara, Sign in 5 p.m. to 5:45 p.m. Games start at 6 n.m. at the Ballhockey.com Athletic Centre, 16 Melbourne Ave St Cathorines Cost \$20 a player. Full tournament rules and game format are at www.niagararegion.ca/social services/ball-hockey-tourny.

#### COURTWHIST

at Ferwick United Church, 1050 Church St., 7:30 p.m. Dessert. coffee and tea. Bring a friend and come out for a fun evening Free will offering.

## **FEBRUARY 8**

PASSION TEST WORKSHOP Are you ready for more joy and fulfilment in your life? The

Passion Test® is a tool for gaining clarity by prioritizing what really matters most to us. This 2.5-hour workshop at Pelham Public Library is facilitated by Laura Lane, a certified Passion Test facilitator. Discover your top five passions which are clues to your personal destiny. Learn valuable tools so you can begin living your passions today. Cost \$50; time 1 n.m. to 3:30 n.m.

## VALENTINE'S LUNCH BOX

at Welland Public Library, Bring someone you love to the main branch and make a Valentineinspired lunch. Afterwards, you can enjoy eating it together while listening to stories. This program starts at 12:30n.m FAMILY LITERACY EVENT



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Centre (Port Colborne), noon to 3 p.m. A free event for families with young children. Come read to a furry friend, have your face painted, make crafts and be entertained by Music with Brian and Friends. Children will receive a new book

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LADIES DAY 2014 at St. David's Anglican Church, 369 Thorold Rd., Welland, 11

a.m. to 4 p.m. Entertainment pampering services, Silent Auction, vendors selling ladies goods and services, tea room and door prizes. Tickets are \$10 and include tea/coffee and baked goods. Tickets at door or in advanceby calling the church at 905-734-4627 or Jackie at 905-732-0434. Proceeds to the church's outreach programs.

Continued on Page 18

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## From Page 16 FAMILY MOVIE

18

at Diamond Trail branch library Madagascar 3 starts at 1 p.m. and is rated G. Tickets are free and can be nicked up at the

#### circulation desk LASAGNA DINNER

fundraiser for the Canadian Cancer Society Relay for Life Event in memory of Opal Balties. Forks Road Fast United Church 51786 Forks Rd. E., Wainfleet. ngs at 5 p.m. and 6:30 p. Adults \$15, children under 10 \$6. Bake table, white elephant table. silent auction. Reserved seating only. For tickets call Shelley at 905-834-0082.

## **FEBRUARY 9**

VALENTINE TEA Our Lady of Hungary Church is hosting this event 1:30 p.m. to 4 p.m. at the church on the

corner of Hellems Ave. and Park St. Please join us for a social afternoon with family and

friends NFB FILM

of the Kattawapiskak River is a documentary examining the cause of a housing crisis for

at Welland Public Library. People

## **FEBRUARY 10**

1.700 Oree people in Northern

Ontario. The free film starts at

2nm

Society meets at 7 pm. at Portal Village. This is our annual "Show and Tell\* meeting. Please bring an interesting item to share with the group.

## FFRRHARY 11

FAMILY TREES Steve Fulton from the Niagara Chapter of the Ontario Genealogical Society will be at Pelham Public Library to help you with the challenges of

## tracing your family tree overseas. Time 6:30p.m.; cost \$3. Register

BLACK HISTORY MONTH is celebrated by Welland Public library and Welland Historical Museum with a presentation about the Underground Railroad in Niagara at 7 p.m. at the library. Everyone is invited.

#### VALENTINE CONCERT by A Capella Niagara, 7:30 p.m., St. Andrew's Presbyterian Church, 29 Bald St., Welland,

call 905-734-4831. Valentine desserts and refreshments to follow. Special donations to support Harmonize for Speech. IT'S ALL ABOUT LOVE a non-denominational Christian inspiration and fun. 1 p.m to 3

Adults \$15 children (12 and

under) \$5. For more information

Niagara Women's Connection, women's club invites you to a relaxing afternoon of friendship. n m Guest speaker Helen Norris has one of the most inspirational stories of God's love and you won't want to miss what she has to share. We will be serving coffee, tea and special treats as well as door prizes galore, all for \$7. Babysitting is provided free of charge. This month's event is being held at Kirk on the Hill 1344 Haist St., Pelham. RSVF rgaret Quesnelle at 905-788-

#### 9641 or e-mail mrs.q@live.ca. NIAGARA SECULAR

Humanists meets 7 p.m. at the Unitarian Congregation Building, 223 Church St., St Catharines, Mark Grenier will speak on oil - internal combustion engine, the future and how secular humanists do care about the environment. NSH members free visitors \$4 For more information or RSVP call 905-641-2603, e-mail hklaus68@gmail.com or visit

nsh.humanists.ca

## **FERRUARY 13** WINTER STAYCATION

Luncheon to celebrate Welland at Welland Community Wellness Complex, at noon, Doors open 11:30 a.m. Menu: Lasagna and meatballs, garden salad, rolls, tiramisu, tea or coffee, Tickets \$13 for passholders or \$14 (\$2 savings if bought before Jan. 31) No tickets at the door. Call 905

735-1700 ext. 4000 before Feb. 7. PASTA NIGHT at Casa Dante, Takeout dinners

for \$8, 3p.m. to 6:30 p.m. Sauce. meatballs, minestrone soup and pasta fagioli are also available for PHILOSOPHER'S CAFÉ

#### at Wainfleet Township Public Library at 6:30 p.m. Drop by for a lively discussion on short-term, long-term thinking. All welcome.

Valentine's Day tea and talk at Haldimand County Museum and Archives featuring chocolate tasting. homemade scones, door prizes and much more. Time \$1 p.m.; cost \$10. Register at 1-905-772-5880

**FEBRUARY 14 FEBRUARY 16** 

VALENTINE'S DAY CRAFTS

at Wainfleet Township Public

Library, 2:30 p.m. to 3:30 p.m.

For children in kindergarten to Grade 8. Call 905-899-1277

to pre-register as spaces are

FERRIJARY 15

event sponsored by Knights

of Columbus, Fonthill, at St.

Alexander church, 50 Pelham

Town Sq., 7 p.m. to 9 p.m. Cost

is \$10 a person, and includes a

with chooses and enacks

glass of red or white wine served

VALENTINE'S DINNER DANCE

hosted by Le Centre Polyvalent

des Aînés Francophones de Port

Colborne golden age club, at 184 Mitchell St. in Port Colborne.

Doors open at 5:30 pm. Enjoy

a home-cooked meal and then

dance the night away to music

are \$25 each, which includes

provided by "Gino Frisky." Tickets

the above and a complementary

glass of wine. To reserve tickets

or for more info call 905-834-

0683

VALENTINE WINE AND

limited

(nublic school early release day).

SPECIAL PORK LUNCH at the Hungarian Hall, 361

Hellems Ave., Welland at 12:30 n m Vegetable soun sauerkraut with pork, sausage, rice sausage, potatoes, salad, coffee, tea dessert, Adults \$20, students (seven to 14 ) \$ 10. For tickets call: Anna at 905-735-0959, Eva at 905-734-3593 or Tibor at 905 735-6447

## **FEBRUARY 18** WELLAND RIVER KEEPERS

Ministry of Natural Resources management biologist Anne Yagi and fish and wildlife technician Cathy Blott will meet with Welland River Keeners members at the Niagara Peninsula Conservation Authority offices, third floor, 250 Thorold Rd. W., at 7 p.m. They will discuss their Niagara River Fish Community Report focusing on recommendations for habitat work on the Welland River, including discussion of nossible impacts to habitat from changes in the height of the river fluctuation. The public is invited to attend and participate in the

## EW HOI **FOR AUCTION!**

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THE REAL ESTATE: This high ceiling open concept home represents quality and pride of workmanship at its best. Quality of life style, the main floor is approx. 1,800 sq/ft. Plus the highly upgraded approx 1,000 sq/ft fully finished lower level makes it almost 2,800 sq/ft of brand new executive class finishes. Please Note: Due to the exceptionally large array of choice upgrades custom added to this very special Home we ask that you view the following web site for more specific details.www.4blackbird.com

THE AUCTION OF CONTENTS: This is a beautifully decorated and furnished home. All furnishing, furniture, lighting's, decorations, art work, prints of limited release, objects d'art including tasteful sculptures of bronze, crystal, wood and more, Fine leather sofa suite, quality reclining sectional, impressive master bedroom suite, bedroom furniture, dining room suite, quality pub table and chairs, Come to see for yourself as all items will be displayed on auction day, or pls email for more info below.

## **AUCTION DAY:**

SUNDAY FEBRUARY 9TH, 2014 TIME: DOORS OPEN AT 12NOON AUCTION BEGINS AT 1PM.

FOR OPEN HOUSE VIEWING SCHEDULE & FULL DETAILS PLEASE EMAIL INQUIRE TO propertyauctions27@yahoo.ca PLEASE NOTE: for your convienience for those who may not be available

On auction day we offer absentee, telephone and closed bid, bidding Methods. If you wish to become a registered bidder in the auction of this Realestate you must register in advance and prior to the auction day. Auction registration details and contract will be provided on all open House days or by email at propertyauctions27@yahoo.ca Brokers Protected

Payment for Contents Only; Visa, M/C, Direct Debit, Cash Terms and Conditions: All items sold as is where is, standard auction terms and conditions apply,

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# 'MIRACLE MOLECULE' SUPERCHARGES CIRCULATION, Promising better blood flow, blood pressure AND INCREASED MENTAL CLARITY & STAMINA!

Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world 90-SECOND CIRCULATION BOOSTER cholesterol, a lack of stamina and energy, a dip in 'senior moments?" The answer to living without libidoandphysical performance, or the increase of these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery

N-O is a natural substance produced by the body that has amazing effects on health and circulation The American Heart Association published one of many studies showing that many people over 40 OVER 40 LOSING CRUCIAL RESERVES starts with nitric oxide (N-O)!

don't produce enough N-O. In fact, your body produces less than half of what it did at 20.

Three researchers received prestigious Nobe Prize for this discovery One of the winners says "There may be no disease

process where this miracle nolecule does not have a protective role"

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the GOOD NEWS FOR BOOMERS!

NEO40® daily

about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that his "fast-dissolve" lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which eads to better circulation, for many in as little as 3etter circulation helps increase stamina, maximizes metabolism, helps manage stress BETTER CIRCULATION TO WHOLE BODY and maintains healthy sexual function. makes it easy to restore N-O levels. NOBEL PRIZE WINNING

Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

Adequate amounts of Nitric Oxide insure sufficient especially the pen's, resulting in an erection. The ame applies to women; without proper blood low to the clitoris, orgasms are difficult," says Dr. Bryan. A boost in Nitric Oxide levels may equal Tammy from Ontario said, "The first night after my first dose I had improved circulation in my hands. amounts of blood to flow to the extremities SURPRISE BENEFITS FOR MEN & WOMEN increased sexual sensitivity for men and women.

sleep for months!

find the increased circulation is a definite benefit We noticed a difference in my husband's erections within a week. We can't believe how well it works, sports pleased wife Marion S., of New York. in the bedroom."

Vitamin

Dark = Low Blood Flow

Actual Thermographic image of Hand ahows circulation in hands before and after taking Nao 40 adding, On the Lath, the fingerights are almost black showing links blood flow. On the Right, lighter colored filtinges show increased blood flow after only 30 minutes. NATURAL RESULTS YOU CAN FEEL

Light = Increased Blood Flow

Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved The natural chemistry between them generated vascular function, enhanced sexual enjoyment and protection against free radicals for over 10 years. The pain has deprived me of Lee L., from CA was stunned with her results. "I have had knee, leg and shoulder problems

the body restore N-O, which leads to healthy "I recommend this lozenge because it helps affirms Dr. Brvan. The result is increased oxygen delivery, heightened immune function, circulation; for most in as little as 20 minutes, BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES! Neo 40 daily proprietary combination of N-O Ronald D. TX explains. "The results were noticeable overnight. I had more energy and boosting nutrients: amino acids. B Vitamins. C, and Magnesium are specially BEET & BERRY COMBO BOOSTS N-O

was able to focus more readily."

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Sammy's Pizzeria

Corks Restaurant & Bar

Chatter Mediterranean Eatery Volcano Pizza

Lanes Family Restaurant

.....and many more!

SAVE FEBRUARY 7<sup>TH</sup> 7AM - 7PM



# frugal fridays

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